

## NASA HEALTH PROMOTION AND WELLNESS (HPW) COMMITTEE

**Minutes for: Sept 6, 2011**

**Attendance:** "X" means present via ViTS or Webex

ARC	<input checked="" type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input checked="" type="checkbox"/>
JPL	<input type="checkbox"/>	AOH	<input checked="" type="checkbox"/>	GSFC	<input type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input type="checkbox"/>
LRC	<input type="checkbox"/>	MAF	<input type="checkbox"/>	WSTF	<input type="checkbox"/>
NSSC	<input type="checkbox"/>	OCHMO	<input checked="" type="checkbox"/>		<input type="checkbox"/>

AOH = Agency Occupational Health

### Announcements

**Verba Moore**

All sessions are recorded.  
The presenter's slides will be posted to the website.

### Walk to Wellness

Walk to Wellness is the fall Agency Health Promotion Campaign. Enrollment is from 1-19 September with active participation from September 20 through October 17. Individuals will have a two week grace period to complete logging their time. You must be registered on the EmbodyHealth website prior to enrolling in the campaign. Those who complete the campaign may be eligible to download a free e-brochure.

### OPM WellCheck

NASA is again participating in the Office of Personnel Management's assessment of worksite wellness programs. The Centers who participated last year, ARC, GSFC, JSC, KSC and LRC, are being asked to complete the survey again this year for better comparison of cohorts. The online tool is not available but is anticipated to be up by the end of this week.

A survey tool was provided to the participants to aid in gathering data to complete the on-line website. Janine Hardin, OCHMO, is the POC for access to the site when it is opened. The Centers will have until October 21, 2011 to enter data once it is open.

### Publication changes

The HealthierYou calendar and the Mayo Clinic EmbodyHealth newsletter will no longer be supplied by OCHMO. The last edition of the newsletter will be October 2011.

OCHM has been working with OHCM (Office of Human Capital Management) to obtain a subscription to *Work and Family Life*, an electronic newsletter. It will be available by subscription, meaning individuals will subscribe to have it delivered to their email only if requested.

### Influenza Vaccination Campaign

The Influenza Vaccine Campaign will be starting up soon. We will be using the same on-line tool that we used last year. Helen Shoemaker in the Occupational Health Support Office will be the POC for the effort this year.

The vaccine contains the same three viruses as in 2010-2011. Though it is not known specifically, there is some loss of immunity of the year; therefore CDC experts recommend revaccination this year despite it being the same components.

Good websites for additional information are [www.cdc.gov/flu](http://www.cdc.gov/flu) and <http://flu.gov>

### Guest Speaker

### **Carter Blakey**

Ms Carter Blakey, Acting Director, DHHS, Office of Disease Prevention and Health Promotion presented information on the Healthy People initiative beginning with it's evolution from just "Healthy People" to its current form. It has grown from 26 objectives with no associated measures in 1990 to >580 with 1200 measures for 2020.

This Federally led program is stakeholder driven encompassing National, State and Community-based organizations. The Federal interagency steering group has expanded beyond HHS members to include such organizations as Transportation and Housing.

The Topic Areas for HP 2020 are:

- Life Stages
  - Adolescent Health
  - Early and Middle Childhood
  - Older Adults
- Blood Disorders and Blood Safety
- Dementias, including Alzheimer's Disease
- Genomics
- Global Health
- Healthcare-Associated Infections
- Preparedness
- Sleep Health
- In Development
  - Lesbian, Gay, Bisexual, and Transgender Health
  - Health-Related Quality of Life and Well-being
  - Social Determinants of Health

The website for HealthyPeople.gov has been redesigned to provide information in an interactive way including topic areas that can be drilled down into for more detail. This replaced the hard copy phonebook sized reference document of HP2010.

HP 2020 is also available through social media such as Twitter and YouTube. YouTube has videos explaining the importance of the determinants of health.

Additional resources on the HP2020 website include a newly redesigned Healthfinder.gov, a quick guide to healthy living and links to the Affordable Care Act.

#### Next HPW ViTS/Webinar

December 6, 2011 at 1:30 pm Eastern